

## A VERY WELL-KEPT DAIRY

*Which Should Serve as a Model and an Inspiration to Those Who Would Have Pure Milk*

Levi P. Morton, whose thousand-acre estate, Ellerslie, is one of the splendid show places on the banks of the Hudson, was one of the first of America's wealthy men to incorporate a dairy as a conspicuous feature of his country place.

There is no attempt to produce certified milk or to introduce any extraordinary or fancy elements in the dairy at Ellerslie.

It is a herd of Guernsey cows, intelligently selected, well housed and fed and milked with due regard to cleanliness.

Any one who has an honest desire to produce good milk can follow the example set here with equal success. In some respects it is more of an inspiration to the ordinary farmer and dairyman than are some of the more pretentious dairies, with their exceedingly high ideals.

In buying cattle for this farm Mr. Barnes, the superintendent, has an eye constantly on the future of the herd as well as the present supply of milk to be obtained. About 150 cows constitute the herd, between 80 and 90 of which are being milked at present.

More than 600 quarts of milk is shipped daily to New York. The milk

sells at no fabulous price, although it brings a little more than does ordinary milk on account of its reputation. Ellerslie milk sells for 4½ cents a quart as a minimum, and at times the price reaches 8 cents.

Many men who eat an inexpensive quick lunch in dairy restaurants in New York may enjoy the luxury of a glass of pure Ellerslie milk at a moderate cost.

The milk is shipped direct from Mr. Morton's farm to a lunch company which makes a special attraction of a good quality of milk.

Milking time begins early in Ellerslie, long before sunrise, but electric lights make the great barn as light as day.

The second milking comes at half-past 3 in the afternoon. Clean white garments are daily provided for the milkers, and cleanliness is insisted upon.

As soon as the milk comes from the cow it is taken to the dairy, which is near by, but does not join the barn. Here it is at once cooled by being poured over lead tubes.

Part of it is then bottled by machinery and is ready for shipment. The remainder is put into cans, which have been carefully sterilized, as have

the bottle. A separate room is devoted to the sterilizing process.

While a large quantity of milk is sold to New York city, the Morton household and all who live upon the estate are liberally supplied with milk, as is Holiday House, a nearby institution, supported by the Mortons, where convalescent children are sent from New York hospitals and are helped back to health by the excellent milk and other food and fresh air which they enjoy there.

No butter is made at Ellerslie for the market, but butter is made for Holiday House and the Morton family. Every pot being marked with an "E," this letter might well stand for excellence, but does, in fact, stand for Ellerslie.

The cows of Ellerslie herd are housed in a barn 296 feet long, and it a splendid building for the purpose. Ventilation and light are amply provided for by numerous windows.

The floor is of concrete and the best equipment for feeding the cows has been installed.

Mr. Barnes believes thoroughly in outdoor pasturing for dairy cows, contrary to the opinion of many dairymen, largely because of the effect upon the calves.

## WORLD'S GREATEST PACER

*Marvel of Speed at Twelve Years of Age in 1908--Expected to Lower His Own Record This Year*

By M. W. SAVAGE.

During the past few months I have noticed the various comments printed about Dan Patch and his 1908 performances. Some of these have been written in all fairness to the fastest horse that has ever lived, and have been based on facts. Others seem to have been written under pressure of prejudice or based on absolute ignorance.

We have many truly great and fast horses in this country, and new ones will develop from time to time. As a horse breeder I certainly believe this or I would not continue in the business. I do not wish to appear as trying to detract from the greatness of any horse, but simply to state facts about Dan Patch.

Early in the summer I stated that Dan Patch was faster than ever, and that, although he was 12 years old, he would pace the fastest mile in his life. Dan's first fast mile last year was the last week of August, when he paced a mile in 2:00, with every eighth in 15 seconds.

At that time I told Hersey that his first mile proved my statement and that it was the easiest and best mile I ever saw Dan pace, and I saw his miles in 1:55 1-4 and 1:55.

Dan's second performance was a mile in 1:57 3-4, finished where a tremendous crowd had taken possession of the track, with just room enough for Dan to pass between the crowding people. His third mile was in 1:58 and his fourth mile was paced in 1:57 1-4.

On October 11, at Lexington, Dan paced the first quarter in 29 seconds and the second quarter in 27 1-2 seconds, a 1:50 clip. He was at half in 56 1-2 seconds, a 1:53 clip, and at the three-quarters in 1:25 1-2.

At the seven-eighths the pacemaker, driven by Scot Hudson, broke a blood vessel and slackened down enough to shorten Dan's tremendous stride of twenty-two feet, and yet Dan Patch finished that mile in 1:56 1-4, which all fair-minded men must acknowledge was by far the fastest and greatest mile in the life of the fastest harness horse in the world.

Hersey states that when this happened Dan was going easy and was not tiring, and that, barring the accident to the pacemaker, Dan would have surely beaten 1:55.

In no other year Dan ever started out with a mile in 2:00 and then reduced it at every performance. His last mile is absolute proof that Dan Patch in his twelfth year was faster

than ever, which is doubly remarkable from the fact that Dan has been performing these world-famous miles for six years.

From some of the comments I have seen printed the readers would be led to believe that it was a very ordinary event for a horse to pace faster miles at 12 years of age than any other pacer has approached in any age.

I am sure that the facts carry me out in my statements that Dan's performances in 1908 were the most remarkable in his entire life, and indisputable proof that he was faster than ever.

I have no doubt but what he will be able to give a good account of himself in speed performances during 1909, to the gratification of his millions of warm friends.

### HOW TO LIVE ONE-THIRD LONGER.

Seven Health Rules—Reduce Medical Bills—There Will Be Fewer Graves in the Cemetery—Eschew Drugs and Intoxicants.

(Progressive Farmer.)

All America is waking up to the importance of better health conditions, and State and National Governments are taking deeper interest in the subject than ever before. Regardless of what State or Nation may do however, every individual by following a few simple rules of hygiene for himself may greatly increase the length and the happiness of his own life. Seven such young and old, men and women, would be immeasurably increased, doctors' bill reduced, and the rules we give herewith, and if they should be followed this season by the 86,000 farm families who will read these lines, the health and efficiency of general tone of life made notably brighter and happier—to say nothing of fewer graves in the burying-grounds and cemeteries at the end of the year. Here are the seven rules:

(1) Have a properly planned and properly cooked diet. Make a study of this question, and have your wife make a study of it. We eat too much meat and too much hot, pasty food. We do not eat enough fruit, vegetables, eggs, butter, and milk. There is no excuse for any farmer not having enough of these nourishing, health-giving foods, and with them, one can set a table fit for a king.

(2) Chew your food three times

as long as you have been doing. The Fletcher principle, "Chew your food till it becomes liquid and practically swallows itself," is the only correct guide. Mr. Fletcher guarantees that his method will increase the average man's working efficiency 25 per cent in six months.

(3) Don't overeat. Proper chewing, however, will practically prevent this also. Chew your food thoroughly and your sense of taste will be satisfied before you eat too much. It is when you bolt your food down that you overeat.

(4) Breathe fresh air. Let it into your sleeping room, no matter how cold the weather. The dread of "night air" is absurd. If only fresh air were to be had for a price, thousands of poor people would be begging money to buy it, while as it is, they shut it out on every provocation. Stuffy parlors and sitting-rooms and sleeping-rooms with all the windows down breed headaches and develop consumption.

(5) Drink twice as much water as you have been drinking. The average person drinks only half enough. Drink two glasses when you get up in the morning, and as much as you can at other times—preferably not at meals, however, or for an hour before or after.

(6) Stop dosing and drugging yourself; never take a patent medicine. If you are not well, by all means avoid putting your health and your life in the hands of men you know nothing about, and who know nothing about your ailment. Nine times out of ten a drug taken into your system when not needed acts as a virtual poison, and unless the physician knows the exact nature of your ailment, the chances are it is not needed.

(7) Let all intoxicants alone. No man who begins drinking is sure that he can keep from drinking immoderately; while the latest medical researches have proved that even the moderate drinking injures one's nervous and mental powers, lessens one's ability to resist disease, and also aids in developing any latent disease or weakness. Surgeon-General Wyman in his recent address on Southern health conditions sounded a special note of warning concerning the injurious effects of alcoholic drinks in warm climates.

Of course there are other things not to be neglected—frequent bathing in a room as warm as the body, a bathroom just big enough to turn around in, and quickly heated by an oil stove will do the work, eight hours' sleep, and a good supply of drinking water uncontaminated by filth or disease—but these seven rules are things most needed by the average man. They will add years to your life and life to your years.

Try them.

### Among the Chicks.

Avoid feeding the little chicks until 48 hours old. It is hard to resist the vociferous demands for something but it is a great deal easier than to check the inroads of indigestion a few days later.

Give fresh water and grit before food, and let the first meal be not more than they will pick up in five minutes, including the learning how to eat.

Five times a day for meals, and five minutes at a meal, should be the rule for the first two weeks. Then lessen to four and soon to three meals daily. Clean the feeding board after every meal, and if milk is given the

dish must be cleaned and scalded daily.

Sunshine is good medicine, but if it is excessively hot some shade should also be provided. The chicks will readily adjust themselves to the proper temperature if given a chance.

If your lawn is infested with dandelions set some child to cutting the tops out for the chicks. It is amusing to see how they will squabble over a seed stalk, each trying for mastery. The chicks thrive; not so the dandelions.

Good grass in pleasant weather is the best place for the chicks. Scatter fine seed or bran in it if they in turn to go too far from home.—Bessie L. Putnam.

### FARMERS' NATIONAL CONGRESS.

1909 Session to Be Held in North Carolina in November—Historical Purposes—Influences Resolutions.

The Farmers National Congress is composed of delegates appointed by State officials—usually governors—to represent their States. It meets once a year in different places for the consideration of agricultural questions of a national character, avoiding as much as possible local problems, which can be better treated by State and county meetings. Its program includes addresses by prominent persons and leaders in different lines of activity bearing on agricultural interests, and also the consideration of resolutions.

The Congress was organized in 1881 and during the first 11 years of its existence it had three presidents all from the South: T. J. Hudson of Mississippi; Col. Robert Beverly of Virginia, and Col. R. F. Kolb of Florida and Alabama. Then the presidency went in turn to Kansas, Iowa, Wisconsin, Massachusetts and New York, returning to the South by the election of Georgia. Then followed a president from Illinois and then the office came South again, the present incumbent being from North Carolina. The majority of the vice-presidents have also been from the South.

The Congress has attracted to it many agricultural leaders, some of whom have been called to official positions as stated above. Ex-Governor Howard, of Wisconsin, than whom no one has done more for American agriculture, has held the office of president, as has Hon. Harvie Jordan, of Georgia, who did such magnificent work in organizing the cotton growers. The present president—Col. B. Cameron, of Stagville, N. C.—has a 7,000 acre farm and is prominent in social, political, literary and religious circles as well as in agriculture.

The secretary of the Congress is assistant in market milk investigations in the United States Department of Agriculture.

The South has been well represented in the places where the Congress has met. Sessions have been held in Kentucky, Tennessee, Alabama, Minnesota, Georgia, Texas and Virginia. The meetings of 1906, 1907 and 1908 were held in the West, and this year the session is to be held in the South and East. The beautiful, enterprising city of Raleigh, N. C., has been selected as the place for the next session, which will begin November 30.

Meeting in North Carolina, and with a North Carolinian president, an exceptionally large attendance from the South is desired and expected. Every State should have a delegation and a large one, and there should be alert interest to bring this about. Each of the last three sessions has been in turn a record-breaker and it is hoped that there will be no weakening in the attendance or enthusiasm this year.

There should be a large attendance not only to gratify local pride and to show what this section can do for and hold the interest in the Congress, and in aiding American agriculture. Useful as is the Congress in an educational way, its greatest help to agriculture is through the resolutions adopted. Resolutions from a body of intelligent, representative, conservative farmers, from almost every State in the Union are bound to be influential. The influence depends much on the number of States represented, for each State has a member of the resolutions committee.

The Congress has been a strong factor in securing a national department of agriculture, the interstate commerce commission, rural milk delivery, oleomargarine legislation, denatured alcohol from taxation, increased appropriations for agricultural education.

The Congress now stands for a reduction of the parcels post, national aid for good roads, improving inland waterways, postal savings banks, conserving natural resources, especially soil fertility and forests, Federal and secondary agricultural schools.

We hope for a large attendance this year to press on the good work.

GEO. M. WHITAKER, Washington, D. C.

### Rainfall Heavy.

(Special to News and Observer.) Greenville, N. C., July 2.—This was a very wet month in this section, the total rainfall being 11.35 inches. The heaviest fall on any single day in the month was the 20th, when it rained 3.34 inches. Crops have suffered materially from the excessive rains.

'Tis the mind that makes the body rich.—Shakespeare.

## FARMERS of NORTH CAROLINA

If you will ship me such product as you have to sell, I will get the top market price and make prompt returns.

Reference: COMMERCIAL NATIONAL BANK.

Yours truly,

**W. A. SIMPKINS,**  
RALEIGH, NORTH CAROLINA